

**Jason K. Lowry, MD FAAOS**

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DATE:



ARLINGTON ORTHOPEDIC  
ASSOCIATES, P.A.

LIFE IN FULL MOTION

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## **Dr. Lowry's Post-Op Instructions** UPPER EXTREMITY

1. Do not remove your splint/dressings until I see you in clinic.
2. Keep your hand elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your fingers/hand/arm. Remember: you can't elevate your hand too much & gravity is your enemy.
3. Apply two properly sealed ice packs to your hand/arm for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. Place one under & the other on top of the area. The key is to not get your splint/dressings wet. If you do, please call our clinic immediately.
4. Keep your splint/cast covered with a plastic trash bag during showers. Again, do whatever it takes to not get your splint/dressings wet.
5. Make a follow-up appointment for 2 weeks after surgery or please come in earlier if you should have any questions or concerns.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1